



Medical Referral for La Vita’s Transitions Program (Physician/Provider)

Patient Name: _____ DOB : _____

Phone: _____ Email: _____

Referring Program (check one):

- Cardiac Fitness
- Rehab Fitness
- Pulmonary Fitness
- Diabetes ___ Type 1 ___ Type 2
- Fit for Surgery
- Orthopedic Fitness
- Start Moving Fitness
- Weight Management

By completing this form, you are not assuming any responsibility for our exercise program; rather, you are identifying recommendations or restrictions for your patient’s fitness program

- I am not aware of any contraindications for participation in the fitness program
- I believe the patient can participate, but with the following **restrictions** or **precautions**:

- The patient should **not** engage in the following activities:

I am referring my patient to the La Vita Fitness Center for a fitness assessment and personalized exercise program. La Vita will forward the patient’s fitness assessment to my office for inclusion in his/her medical record. I may contact La Vita at any time regarding the progress of my patient or to provide further information.

Referring Provider’s Name (Please Print)

Email/Phone Number

Signature

Date



Transitions Program Descriptions

Cardiac Fitness

Reduce your risk of cardiovascular disease, gain strength and increase endurance through this heart-healthy program. If you have certain risk factors for cardiovascular disease, or if you have completed the second phase of cardiac rehab, your physician can refer you to the Cardiac Fitness Transition Program.

Diabetes Fitness

Diabetes can be complex, but you can learn to manage symptoms with healthy eating, physical activity, and weight management. If you have been diagnosed with pre-diabetes or diabetes, the Diabetes Fitness Transition Program can help manage your symptoms.

Fit for Surgery

The Fit for Surgery Transition Program is designed for pre-surgical patients. The focus is to improve strength and endurance before surgery to help ease fatigue and reduce recovery times post operatively.

Pulmonary Fitness

The Pulmonary Fitness Transition Program is designed to help participants with pulmonary or respiratory conditions establish and maintain a consistent exercise routine. This program has a specific focus enabling the participant to exercise utilizing breathing techniques designed for their specific condition.

Orthopedic Fitness

While managing a recurring injury or post orthopedic rehabilitation, the Orthopedic Fitness Transition Program can help you become active again. Build upon the improvements already experienced in therapy which can help you return to your pre-injury health status.

Rehab Fitness

The Rehab Fitness Transition Program can help increase physical activity after completing physical therapy. Build upon the improvements already experienced in therapy and feel comfortable working out independently at the completion of the program.

Start Moving Fitness

If you have health issues due to an inactive lifestyle, the Start Moving Fitness Transition Program can help you improve your health and stamina. The fitness specialist can help guide you to taking the first steps to becoming more physically active. Reduce risk factors by learning how to improve your health with a regular routine of exercise and wellness.

Weight Management Fitness

If you are struggling to lose or manage weight, the Weight Management Transition Program is for you. Building healthy habits can lead to long term life style changes. Making exercise part of your regular routine can help change those habits that are keeping you from losing weight.